

Dietary Guideline #4

Food Groups to Encourage



It's all about choices.

Which Food Groups????

- Fruits
- Vegetables
- Whole Grains
- Fat-free or low-fat Milk Products



Health Benefits

- Lowered risk of the following:
 - Chronic Diseases
 - Stroke
 - Cardiovascular Disease
 - Type 2 Diabetes
 - Certain Cancers



Key Recommendations

- Eat 2 cups of fruit each day.
- Eat 2 ½ cups of vegetables each day.
- Choose a variety of fruits and vegetables especially dark green, orange and yellow vegetables.
- Half the grains you eat should be whole grains.
- Consume 3 cups of fat-free or low-fat milk products daily.